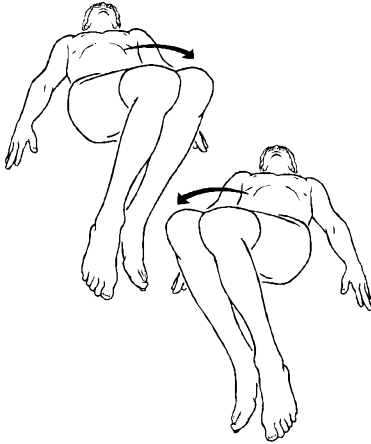




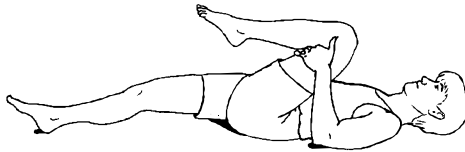
Routine For:
Created By: James Pamplin, DC

03-27-2012
Low Back Passive Stretches



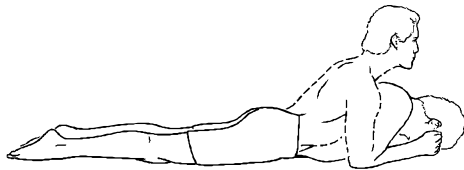
Flatten back on floor. With feet on floor, slowly rock knees from side to side in a pain-free range of motion. Allow lower back to rotate.

Repeat 20
times per set.
Do 3 sets per session.
Do 2 sessions per day.



Flatten back on floor. Gently pull knee to chest until a comfortable stretch is felt. Hold 20 seconds. Repeat with other knee.

Do 3 sets per session. Do 2 sessions per day.



Rise up on elbows, keeping hips on floor. Hold 20 seconds.

WARNING: Stop exercise if you feel increased pain down the legs. Contact health provider.

Do 3 sets per session. Do 2 sessions per day.
